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INTELLOFAX 4

50X1-HUM

USSR

Analysis of bread purchased in Odessa

an analysis of a loaf of Bread purchased in ODESSA with the following results:

Humidity	11.90 Percent
Proteins	14.23 percent
Carbohydrates	68.85 percent
Fats	0.526 percent
Ash	2.354 percent

The chart below compares the component parts of bread, on a percentage basis, with 1) 11.90 percent humidity 2) 30 percent humidity (considered normal), and 3) 30 percent humidity and 80 percent milled flour:

	1	3	3
Proteins	14.24	11.24	9 or 10
Fats	0.526	0.416	0.4 or 0.5
Carbohydrates	68.85	54.35	55 or 60
Ash	2.354	1.854	1 or 1.2

It is reported that the daily ration of bread in the USSR is 420 grams and using the same comparative table as above, we find the nutritional value of the bread as follows

	1		2		3	
	Grams	Calories	Grams	Calories	Grams	Calories
Proteins	59.76	245	47.20	194	39.90	164
Fats	2.20	20	1.74	16	1.89	17
Carbohydrates	289.17	1,186	228.27	936	241.50	990
Total Calories		1,451		1,146		1,171

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The caliries hve been determined as follows:

1 gram of proteins = 4.1 calories
1 gram of fats = 9.1 calories
1 gram of carbohydrates = 4.1 calories

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